

# FootPrints

The Journal of the Reflexology Association of Australia



[www.reflexology.org.au](http://www.reflexology.org.au)

January 2019

Volume 23 No. 1

# RAoA proudly brings you the 2019 National Workshop – “Zen Reflexology”

Approved for 18 CPT Activity 1 – RAoA CPT Program

**On-line registrations OPEN! Book NOW! Limited to 30 attendees per workshop**

[www.reflexology.org.au](http://www.reflexology.org.au) or direct link <https://reflexology.org.au/zen-info>

16–17 March 2019—**MELBOURNE** – Mount Street Neighbourhood House, Glen Waverley

23–24 March 2019—**PERTH** – Owen Homoeopathics, Redcliffe

17–18 August 2019—**SYDNEY** – Crows Nest Centre, Crows Nest

24–25 August 2019—**BRISBANE** – Motel on Gregory, Spring Hill

28–29 September 2019—**ADELAIDE** – 19 on Green, Brompton



Early Bird \$395.00 (PM, IM & SM) add \$45 for AM's and non-members

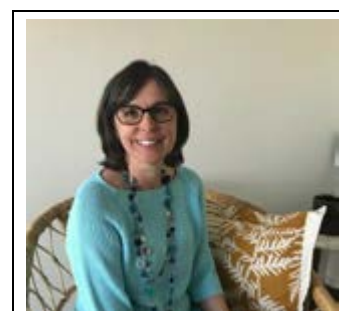
Standard fee \$430.00 and Late fee \$480.00 – add \$45 for AM's and non-members

(see RAoA website for cut-off dates)

For full workshop details <https://reflexology.org.au/zen-info>

## Includes:

- 2 full days of 80% hands-on practical and 20% theory training
- 50g Zen Hand and Foot crème (made by Louise)
- 50g Zen herbal Foot Salts (made by Louise)
- Morning and afternoon tea
- Workshop notes – emailed to each attendee prior to the workshop
- Additional support via email is available after the workshop



Louise Dennison  
Zen Reflexology

## What is Zen Reflexology?

**Zen Reflexology** is a fusion of Reflexology, meridian acupuncture and aromatherapy focusing on the hands and feet. Not only can we access the whole body through the reflexology points on the hands and feet, but every meridian also starts or ends on the hands and feet. This fusion of modalities enhances the therapeutic effect.

The meridians are energy pathways which flow through our body. It's found in the wisdom of traditional Chinese medicine, known as the life force of Chi or Qi and western science knowledge of quantum physics. If these meridians become stagnant or blocked they can ultimately cause our energy to become unbalanced which may result in feeling generally unwell or fatigued.

In this workshop with clear and demonstrated instruction, you will have the ability to access each meridian and clear it to result in enhanced wellness. You will learn how to clear the 12 meridian pathways in the body using specific meridian points on the hands and feet and how to combine it with your existing reflexology procedure. This technique can also be used on its own or to complement other bodywork techniques.

You will also learn the qualities of the essential oils used in the Herbal Foot Salts and Hand and Foot Crème and how these also strengthen the therapeutic effect of Zen Reflexology. This weekend will bring the opportunity to up-skill and enhance your current reflexology, massage or other healthcare practice.

For registrations and payments contact [accounts@reflexology.org.au](mailto:accounts@reflexology.org.au). Deposits also being taken.

# From the President's desk



Hello from beautiful Streaky Bay in South Australia. What an honour to have so many amazing members spend special time here in South Australia for the National Conference on 19–21 October. At the same time there were three international workshops offered to members.

A huge thank you to Marie Steinke, Conference Convenor, for chipping away at every required task to get these workshops and the national conference wrapped up with such precision and accuracy to timeframes. Well done!

The excitement flowed on as we learnt that the next national conference will be held in Sydney 2020 at the Novotel in Darling Harbour. Karen Riley, Conference Convenor 2020, has planning well under way. Thank you Karen.

**National Disability Insurance Scheme (NDIS).** On Tuesday 2 October 2018 I had a teleconference meeting with NDIS at 2pm South Australian time. Attending this meeting were: myself **Susan Ramsey**, President Reflexology Association of Australia; **Andrea Nolan**, Assistant Director Quality and Safeguards, Provider Operations & Performance Branch, Markets, Providers and Sector Development Division, National Disability Insurance Agency (NDIA); and **Kate Agus**, Acting Director, Advisory Team, Technical Advisory and Complaints Branch, NDIA.

Mainstream health was explained and using everyday language there are basically two streams, or if you like, buckets of funding:

1. Funds for **health** – providing treatment for those with pain, rehabilitation and diagnosed conditions.
2. Funds for **function** – providing help for function.

NDIS is for **functional goals** with **measurable outcomes** related to their clients' disability/ies. NDIS funding is only for beneficial change. For example, the goal to shower, wheel, shop/socialise or increase the length of walking distance by themselves.

There are two types of NDIS plans: 1. **Agency managed** and 2. **Self-managed**.

Andrea was thankful for the opportunity to meet by teleconference to explain the workings of NDIS, which is contained in a rather large document, to be sent. Both Andrea and Kate gave very clear advice which totally made sense. The bottom line is NDIS is all about function and measurable outcomes. The Commonwealth Government explored research from many other countries but found little or no evidence to say or prove natural therapies made improvements for NDIS clients.

I had posed the question in an earlier email asking will/would NDIS reconsider reflexology as a service? The answer is no, as reflexology fits into the area of health, not function.

**Private Health Insurance.** We are all aware of the foreseeable changes to private health insurance in Australia. Thank you to members who followed up with members of parliament on this issue. "This is happening everywhere", a reflexologist colleague in Scotland messaged me.

**Board Meeting, 19 October 2018.** The Board held a one day meeting on Friday 19 October at the Stamford Plaza in Adelaide. It was attended by Susan Ramsey, Vera Emmi, Julie Marchetti, Susan Archer, Lynda Kidd and Jacqui Baldwin by (Skype). Monique van der Ing joined the meeting after lunch as a visitor. The Board had three Directors step down in October. Thank you to Jacqui Baldwin, NSW – CPT, Julie Marchetti, WA – Education, and Susan Archer, Tasmania – WHS, for their time on the Board.

Incoming Directors in October are Lynda Kidd, Tasmania – Promotion and Research Director, Ingrid Turner, NSW – Director and Monique van den Ing, WA – Director. At this meeting the Board identified that it needs to create or form an Audit and Risk Committee. If a member has an interest in this area please email your interest to [president@reflexology.org.au](mailto:president@reflexology.org.au).

Directors were asked to remind Branch Committees to upload meeting minutes in a timely manner as per ASIC and Constitutional requirements. The next meeting will be a two day Board meeting on 23–24 February 2019.

The Board wishes to thank Lynda Kidd for stepping back on to the Board and Monique for sharing her skills and volunteering her time over the past couple of months. Due to health Monique has resigned as a Director, however is still keen to look after the South West group in Western Australia. A pleasure to work with you Monique. Take care of yourself and blessings always.

Vera Emmi has resigned as Director and remains Accounts contact. Thank you Vera for your commitment to the RAOA Ltd. Ingrid Turner has resigned as Director due to isolation of internet access (granite rocks). I am well aware of the frustrations from limited internet and/or phone reception. It has been a pleasure to have worked

*Continued on page 2*

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Front cover – Photo courtesy Tony Pullin, 2016.

with Ingrid for a couple of months. Ingrid will still be helping the RAOA as a Finance Committee Member and helping with the National Conference 2020. We welcome Tiziana Hill as our new RAOA FootPrints Editor and thank you to Cecily Rose staying on for a while to help Tiziana settle in.

**RTO and CoCR visits update.** In Queensland, Vera, Qld Director on 28 September visited Aminya Cairns and in South Australia Susan, SA Director on 16 October visited Aminya at Stirling. Principal Katherine Lloyd and students heard about RAOA member benefits. Time was spent demonstrating treatment incorporating working the ears, hands and feet. Each student got to experience the combination. Discussion included therapies to complement reflexology, the importance of a budget and planning for the future.

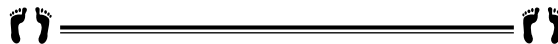
**AGM 20 October 2018.** The National Conference was a wonderful atmosphere to hold the AGM. Ninety-seven members attended and we received six apologies. Recipient of the Trevor Steele Award 2018 was Tiziana Hill from Island Health College in Tasmania, who was presented with her award by James Flaxman, Company Secretary of the RAOA.

**Branch Chairs Skype meeting.** Sunday 25 November was a short meeting where Chairs shared their Branch stories from World Reflexology Week. Each Branch is well organised for 2019 meetings, CPT and workshops. Members can find details on the RAOA website. Details will also be in the E-Newsletter and in your Branch newsletter. Early 2019 will see each Branch planning its Annual Branch Meeting. Please offer to help at this time. Networking and catching up with colleagues is healthy for all members. Thank you to each Branch Chair: your skills and commitment to your Branch are like threads of gold: "priceless." ☺

My journey home from the national conference found me in Whyalla spending time with one of our new members. An honour to be shown an amazing work environment with a sea view. The Whyalla community is lucky to have Anita with her skills.

A lot has happened in 12 months. Thank you to all members for your commitment to reflexology and the RAOA. I have put my hand up to be Chair for the Board of Directors and National President for you, the members, for another 12 months. I finish this report with the hope that you will have had a merry Christmas and I wish you all a very happy new year. Travel safe wherever you travel and may you spread the joy of reflexology this year.

*Susan Jean Ramsey*



RAOA warmly thanks the 2018 Conference Committee for organising and hosting this fantastic two and a half day event in Adelaide. From left: Christine Clayton-Clarke; Convenor and Chair Marie Steinke; Christine Spencer; RAOA President Susan Ramsey; Pamela Nish; Gemma Green; and Elaine Tscharke.



# Adelaide hosts joyful gathering of reflexologists

More than 100 reflexologists from around Australia gathered at Adelaide's Stamford Plaza in October to hear from a range of local and international presenters at the Reflexology Association of Australia's (RAoA) 2018 biennial conference.

Welcomed warmly to country by Uncle Lewis Yerloburka O'Brien, participants began enjoying the conference presentations listening to his extraordinary account of how Aboriginal Australians were the first to run conferences, teaching participants to think twice.

Setting the tone for the conference, Uncle Lewis talked about language, knowledge, philosophy and the creator/spirit/soul. Not a sound was heard in the audience as people listened intently to his every word.

Participants then spent two jam packed days hearing, learning and practising across a range of subjects from 12 outstanding presenters. They also mingled and shopped in the conference's trade room where seven tables featured a range of products and services.

"It was a wonderful coming together of like-minded people, wanting to learn from the line-up of presenters and each other," Marie Steinke, the 2018 Conference Committee Convenor said.

"The sense of joy was palpable as people met and gathered together between presentations. Our key note speakers from overseas – Lisa Chan from the Academy of Reflexology and the UK's Barbara Scott, a leading specialist in reproductive reflexology – were extremely popular, generously sharing their knowledge, experience and wisdom.

"Together with New Zealand's animal reflexologist, Jackie Segers and a line-up of Australian speakers, there was definitely something new or of interest for everyone who attended," Marie said.



*Uncle Lewis O'Brien who provided the Welcome to Country at this year's conference, with RAOA President, Susan Ramsey.*



*Very inspired!  
Irene Tasho, NSW*



*Variety of presenters, different perspectives. Good opportunity for meeting people from other states.*

Jennifer Rigby, Vic.



# So many presentations, so many stories!

**L**isa Chan, keynote presenter from USA took us on a journey on the power of combining feet, hands and ears, starting with a finger painting. See Michelle Day's report on page 6.

**Julie Marchetti** from WA shared her approach on the holistic health triangle, talking about the mind/body/spirit/emotions connection. Her message: the soul knows what to do to heal itself, the body achieves what the mind believes, follow your soul.

**Sharon Stathis** from Queensland explored with us how her concept of Ayuverdic Reflexology taps into our energy pathways and how negative emotions and physical blockages can be released.

**Vera Emmi** from Queensland gave us energetic, enjoyable and highly participatory tips for self care for shoulder pain and injuries, underpinned by her own personal journey and learnings.

**Jackie Segers** from NZ won hearts with her outline of how to use reflexology on animals, with her presentation focussed on how to support cats dealing with stress, ill health or trauma. See Pamela Nish' story about Jackie's workshop on page 5.

**Barbara Scott**, keynote presenter from the UK, gave a fascinating account peppered with data and facts sharing stories of how her Reproflexology program has helped infertile couples. See article on page 7.

**Lynda Kidd** from Tasmania gave a statistical overview of people affected by menopause and outlined in detail the four body systems to work to address the main symptoms with reflexology.

**Karen Bishop** and **Hollie Kelly** from WA outlined how they have successfully integrated their reflexology course with allied health professionals, with a special look at how students undertake some of their supervised clinical practice working with cancer patients.

**James Flaxman**, **Susan Archer** and **Pamela Nish** from RAOA held a forum which covered governance and the new web site, cross promotion between one's own business and the RAOA, and warm acknowledgement of recent graduates. See the speech Pamela meant to make starting on page 8!

**Edmund Gooden** from SA ran us through his personal journey of cultivating and discovering the benefits of Scented Emu Bush, Native Pine and Australian Sandalwood, which he shares through his Sacred Grove rubs, oils, muds and tea.

**Sarah Hoey** from WA shared her story of how she grew from sole operator to managing a group of reflexologists providing At Home Care as part of the Government's Home Care Package program.

**Lisa Fiocchini** from SA took us on a naturopathic/nutritionist's enlightening journey talking about food as medicine for cardiac care. Her presentation on disease prevention through food was popular!

Finally we thank **Irene Allan**, Aboriginal Elder from the clan Tanganekaid, for closing the conference with a drumming ceremony. A moving, emotional, spiritual and fitting ending for a very special conference.



*I felt conferred!*  
Andrew Manning, SA



*Purrfect!*  
Jackie Segers  
NZ

## Reflexology to help furry friends—Jackie Segers workshop

Reflections from Pamela Nish, SA



Jackie Segers with Barbara Scott

What a pleasure it was to attend Jackie’s Animal Workshop in Adelaide. We started off the day by introducing ourselves to each other and mentioning our pets – or should I say the animals that we are guardians for!

Jackie went on to explain the details of reflexology on animals and how it is similar to reflexology for humans.

As she outlines in her 2007 book *Reflexology for Cats and other natural therapies for your feline companion*, “Humans and animals share mostly the same anatomy and physiology. In fact we share many of the same health concerns and are treated with many of the same antibiotics and steroids.

“Animals and humans have identical energy centres (also called chakras) and energy pathways (called meridians) throughout the body. We both accumulate stress in our daily lives and experience similar emotions.”

In Jackie’s workshop, we had fun colouring in various maps including ear, face and paw maps, which was a wonderful way to remember the reflex points. Jackie went on to demonstrate the techniques of basic massage and reflexology and a meridian balancing technique on her stuffed tiger.

We discussed how to develop an animal reflexology practice and the qualifications that you need to consider. We then practiced on the tiger before going outside to practice our newly learnt techniques on two beautiful poodles. They loved the treatments and wanted more.

Some points:

- ◆ If you have an animal that is anxious, start by using a soft blusher brush on its face.
- ◆ Do your research on the particular breed of animal cat/dog. Know the breed and its habits.
- ◆ If you are going to offer treats, check with the guardian of the animal.
- ◆ Light pressure and shorter sessions may be needed for elderly animals.



There was great interaction within the group and I am sure that we have taken away good memories of newfound colleagues from other states. Thank you Jackie for making the workshop a fun and informative day.

# Priority reflexology offers better results

Reflections from Michelle Day, SA



In October I had the pleasure of attending my first reflexology conference as a professional member of the Reflexology Association of Australia. The focus of the conference was Synergy in Reflexology and after listening to the wonderful speakers, I walked away at the end of the conference thinking about not only synergy in reflexology, but synergy in life in general.

Throughout the two days of the conference we were given gentle and heartfelt reminders of the power and importance of the simplest things in life. Things such as caring for ourselves as practitioners through nourishing our bodies well and becoming skilled at grounding. We were encouraged to feed the body – simple, natural, raw. Feed the mind – learn, learn, learn. Feed the spirit – do things that truly bring you happiness.

The first presenter was Lisa Chan. Lisa works as a reflexologist and acupuncturist in Los Angeles. She has a PhD in Traditional Chinese Medicine and is currently studying a Homeopathy degree. All of this while delivering courses with the American Academy of Reflexology since 1995, among other achievements. Lisa is clearly passionate about reflexology and is an abundant source of information, about reflexology.

She delivered her presentation with humour and energy – getting things started with some help from a hand, a foot and an ear – and some enthusiastic humming from the audience. This was Lisa’s clever way of getting the audience involved in learning about Priority Reflexing.

We learned how we can provide better and faster results for our clients by learning how to work in a progressive manner by combining points on the feet, hands and ears. Most importantly, which order of treatment will work best for particular conditions, therefore “prioritising” the order of the treatment in accordance with the condition.



For example, when working on jaw pain, the principles of Priority Reflexing indicate that the ear lobes are the first priority, the foot (big toe) is the second priority and the hand (thumb) is the third priority. By working from three directions – feet, ears and hands – we have a greater chance of bringing pain relief.

Lisa’s second presentation provided us with guidance for the healer in providing reflexology for teenagers, children and families dealing with depression and suicide. It was titled “Consoling the Inconsolable”.

Lisa talked about the importance of gentling our self and our client, grounding, setting intention for the session and gentle, simple reflexology holds on the feet, hands and ears.

One point that Lisa made that I found very compelling was that “all depression comes from stagnation – stagnation of energy or blood”. This point seems so simple and easy to understand.

Lisa also talked about “holding space” being the most important part of the session and how to look for sensitivities in the client – they are not always the thing that stands out dramatically, but sometimes, the thing that is absent and not showing at all.

I thoroughly enjoyed listening and participating in these presentations from Lisa Chan. Thank you Lisa for your spirituality, gentleness and knowledge and for generously sharing it with us.

*Lisa Chan in action*



# Inspiring results show Reproflexology's benefits

Reflections by Tiziana Hill, Tas



Barbara Scott's inspiring key note presentation An integrative approach to fertility issues was a highlight for me (one of many!) as this leading fertility reflexologist took us through the compelling data she has collected demonstrating the benefits of combining reflexology with other more conventional fertility treatments such as IVF.

Her presentation explored how the program she developed over a decade ago helps clients correct menstrual cycles and other anomalies using foot, hand and ear reflex points.

Based in the UK, Barbara has been teaching Reproflexology™ since 2008 and founded the Association of Reproductive Reflexologists (ARR) in 2011. She became an Amazon best seller in 2016 when her book *Reflexology for Fertility* was published.

Barbara spoke at length about the challenges of fertility, which affect one in six couples world-wide. Her trademarked Reproflexology treatment is a 12 week program which relies on data inputs regarding menstrual cycles and semen analysis. It helps couples conceive naturally or in combination with assisted conception methods.

After forming the ARR in 2011, one of the outcomes was the ability of members to jointly undertake a data collection study of 180 cases. This found a 68% success rate, with 100 couples achieving this through natural conception and 22 couples combining reflexology with assisted conception. The success rate of IVF increased from 25% to 52% with the addition of Reproflexology methodologies.



In a second session, Barbara included practical audience experience and interaction, allowing us to sit in small groups to have hands-on foot time exploring some of her insights. Her detailed notes took us through how to conduct repro-assessments in women and men and explored physiological and energetic assessments.

Barbara's presentations were extremely well delivered, giving reflexologists an opportunity to see data and hear the gathered evidence of how this brand of reflexology has delivered results for couples.

Above: Barbara Scott's presentation and hands-on session

# Starting up or starting over!

by Pamela Nish, SA

**While the conference was jam-packed with new information, there was a little disappointment when Pamela Nish' presentation on how to get going again when you are a new reflexologist or an experienced one moving interstate 'disappeared'. Here is the speech she planned!**

Time did not allow me to present this at the National Conference. My apologies to those who were waiting to hear what I was going to present, but we tried very hard to run the program to schedule and so I made the call to instead welcome our newest reflexologists and students who were attending the conference rather than give my prepared presentation.

They are our future! So to me this was the most important part of my presentation as when I joined our association a few years ago I was made to feel very welcome.

I am not a marketing expert, so these thoughts are based on my experiences.

Why did I move from a successful business in Queensland?

- ◆ I had a very successful business.
- ◆ A lesson I have learnt: *"Never say never"*. I didn't think I would ever leave Queensland and move back down south again. My Mum who lives in country Victoria was very ill (now having x-ray radiation), I had a lease ending on property I was renting, a daughter getting married in South Australia and a relationship breakup. So here I am starting all over again.
- ◆ Another lesson: *"The only constant in life is change"*.

Moving interstate where you do not know anyone is similar to students building their business and so I combined these two topics.

- ◆ Both start from scratch
- ◆ Limited funds? Not much money left after moving/or finishing your course.
- ◆ How do you network?
  - ◇ Stay in the RAOA and join your local branch
  - ◇ Go to meetings and meet other reflexologists
  - ◇ Workshops – as well as gaining new skills you are networking with others
  - ◇ Exchanges – find other RAOA reflexologists in your area and invest time in self care!
- ◆ It takes time to build your business – be patient. If you want it, it will happen!
- ◆ Everyone has quiet days. Those that don't are extremely fortunate.

I found at my first RAOA meeting in South Australia everyone to be so friendly and welcoming.

## What type of business do you want?

- ◆ Your own practice or work for someone else
- ◆ Work from home or work in another environment

- ◇ Wellness centre
- ◇ Rent a room, eg: Physio. My experience was not favourable in this area! But I did give it a try
- ◇ Podiatrist
- ◇ Mobile
- ◆ Teaching others our wonderful modality which is now part of my business
- ◆ Or a combination of the above
- ◆ Be adaptable – If something doesn't work out, use it as a learning experience

## How do you gain clients and get your name out there?

Look around to see what is in your area where you could advertise:

- ◆ Sporting associations, retirement villages
- ◆ Markets: use them as a form of promotion. You may make some money at the same time, an added benefit.
- ◆ Do some promotional work for free at an event in your area
- ◆ Give a talk on reflexology at a meeting eg: Lions, wellness groups
- ◆ Do some "Try it for Free" short treatments after you have given your talk
- ◆ Flyers – distribute in your local area

## Upskill

- ◆ My main focus and passion is reflexology but it is good to have other skills as well: think massage, aromatherapy, kinesiology, Bowen, etc

One client told me I have the right blend of science and intuition.

*Continued on page 9*



*Evelyn Stieger, Gemma Green and Pamela Nish enjoyed networking at the Adelaide conference.*

# Adelaide Conference 2018

◆ Use **all** of your skills. When I first started out in reflexology I was very nervous with my first clients. I mentioned this to one of the older reflexologists at a meeting in Queensland and she reminded me that “the client doesn’t know you are nervous, they are still enjoying the treatment”. Again, other reflexologists at branch meetings are always willing to help you.

**Be professional and charge professional rates**

- ◆ YOU deserve it
- ◆ YOU worked very hard at gaining your qualifications
- ◆ YOU have to pay insurance, public liability, professional training, first aid
- ◆ Use the RAoA Logo on all your advertising material – this gives your future clients a sense of your professionalism

I have added the word “professional” reflexologist to my business card. I have also added the word “complementary” rather than alternative medicine as we are complementing traditional medical treatments not competing against them.

**Add-ons**

- ◆ Aromatherapists – sell your products to clients
- ◆ Have a range of someone else’s products to sell
- ◆ Foot and hand rollers.

**Give-aways for clients**

- ◆ Golf balls
- ◆ Sample products
- ◆ Self help articles – give your clients some hand reflexology to practice at home.

**Finally:**

- ◆ Stay focussed and be optimistic
- ◆ Be prepared to change
- ◆ Trust the Universe (or whoever you turn to) and have faith in yourself

Since writing this presentation, I came home from the conference and had to find another house to live in! All done and I am now settling in to a new location with a new treatment room and of course trusting the Universe.



*Great holiday, I needed it!  
Great reconnecting with a  
lot of people I used to know.*  
Darryl Kasch, Qld



*Superb presenters with  
phenomenal information.*  
Sally Stubbs, Tas



## Trevor Steele Award recipient announced

Tasmanian student member, Tiziana Hill, was announced the 2018 recipient of the RAOA's Trevor Steele Award during the conference's AGM. The award is made to a student showing promise as a future reflexologist.

Tiziana, who joined the FootPrints team this issue as volunteer Editor, is completing her Diploma of Reflexology with Island Health College in Hobart.

Trevor Steele was a central Victorian-based reflexologist and reflexology teacher who from the late 1980s played a key role in the development of the industry, the RAOA and the development of early training standards. In 1993 he was awarded the Eunice Ingham Award for his services to reflexology.

Trevor passed away in 1997 and is still very fondly remembered by colleagues and past students.



*Tiziana Hill (centre) with Lynda Kidd (left) and Sarah Blain. Sarah is teaching this year's Diploma course in reflexology and Lynda introduced Tiziana to reflexology in an Adult Education course around 15 years ago.*

## Vaccaria Seed Research Project—your results invited

by Lynda Kidd

At this year's conference, speaker Lisa Chan discussed the effectiveness of Vaccaria seeds applied to the ear as part of an auricular therapy treatment. It was decided to pursue research into this process and what better time to do this than at the conference with happy, enthusiastic and willing professional reflexologists!

We need your help to complete this fascinating research!

We are after feedback of the responses from those who placed a seed on their ear **and** those who didn't – as a control group. If you haven't already sent your results in, here's what was asked:

- ◆ Name (optional)
- ◆ State
- ◆ Gender
- ◆ Age
- ◆ List key health issues: depression, pain, digestive, anxiety, smoking, drinking, addictions, sleep challenges and change after seeds. Example table follows:

List change noticed (Depression, sleep, pain, anxiety etc)	List level using a scale of 0 to 10 with 0 = Really bad & 10 = Really good				
	Prior seed insertion	Immediately after seed	24 hours after	One week after	Two weeks after
1. e.g., pain	3 (bad)	4	6	8	10 (gone)
2.					
3.					
4.					
5.					

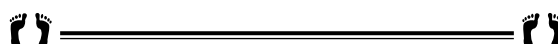


*Stephen O'Rourke with ear seed*

A diary of notes is also helpful to understand your changes in a more personal way.

We would also like to know how long you left the seed on the ear, and how much of the change you consider to be the seed or "other factors". This is where the feedback from those who didn't have the seed attached will help to distinguish the difference between seed and other factors.

Forwarding this information to Lisa ([healingnrg3@hotmail.com](mailto:healingnrg3@hotmail.com)) will be considered your permission to use your data – in an anonymous manner.



## 2018-2019 FootPrints CPT Quiz

The FootPrints Quiz is available from the RAoA website for download. If you would like to earn up to 5 CPT points then this annual Quiz can help you! The Quiz has been developed for you to refresh and extend your knowledge by having a good read of our national FootPrints journal.

This years' Quiz questions will cover the January, April, July and October 2018 Footprints editions. If you cannot locate your copies, please contact the National Office to request the missing editions be emailed to you.

As we did last year, the Quiz format will be multiple choice and true or false answer only, making it easier to answer the questions and faster to complete. The revised format will also speed up the marking of quizzes and return of results to participants. So if we receive your completed Quiz in December/January we will strive to have your marks back to you by mid-February, those received in February returned by mid-March and those received in March returned by mid-April. The return of quiz papers is done once the Quiz closes.

The Quiz falls into Activity 9 of the current CPT Program and if you answer all questions correctly you will gain 5 CPT points.

**Post or email your completed Quiz form to the National Office before the cut-off date of 31<sup>st</sup> March 2019. Payment is required at time of lodgement. Quizzes received after this date will not be marked.**

At just \$20, the FootPrints CPT Quiz is a cost effective way to earn up to 5 CPT points.

Thank you for supporting the FootPrints CPT Quiz event and we look forward to receiving your papers. If you have any questions please do not hesitate to contact us:

[membership@reflexology.org.au](mailto:membership@reflexology.org.au) or [cpt@reflexology.org.au](mailto:cpt@reflexology.org.au)

Good luck everyone!  
CPT Committee



## AUSTRALIAN SCHOOL OF REFLEXOLOGY AND RELAXATION

*Taking Reflexology a step further*

EST.1986



**Australia's premier specialist Reflexology School, offers quality education focusing on the reconnection of the soul, spirit, body and mind, through holistic reflexology practices.**

**We are passionate about Reflexology and the growth of our industry.**

### GENERAL INTEREST

- Introductory workshops
- Student clinics
- Pop-up clinics
- Community events

### PROFESSIONAL QUALIFICATION

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# Halloween theme a hit at Peel's Relay for Life

Around 75 km south of Perth lies Peel, a coastal area where mining and mineral processing plays a significant role. The township of Mandurah was this year's location for the annual Relay for Life, a fundraising event held nationally to raise funds for breast cancer research.

Reflexologist and RAOA member Yolanda Baty got in the spirit for this year's event with a team of reflexologists to raise funds and support walkers throughout the two day event held on 27 and 28 October.

Yolanda Baty reports ...

This year's Peel Relay for Life changed venue, so we took over Meadow Springs Sports Facility which turned out to be a wonderful venue ... so it may be held there in the future, watch this space!

Relay for Life is a fun but moving overnight experience giving the Peel community a chance to recognise and celebrate local cancer survivors, patients and their carers, to honour and remember loved ones lost to cancer and to raise money to help save more lives.

This year our little team of local reflexologists in the Mandurah and surrounding areas were invited back after the remarkable success and feedback from clients in 2017, which was marvellous news.

I asked Tracey Child (RAoA Member), Dot Neems (RAoA Member), Heather Duncan (RAoA Member), Paul Mortimer (local reflexologist from Baldivis) if they could spare some of their valuable professional time to join me and volunteer at this event.

I had a resounding YES, so our team was up and running, thank you so much to these wonderful reflexologists for being part of our team; you are all stars. There's NO get out clause now, you're in it for the long haul, 2019 here we come! Two other reflexologists were lined up for the day but unfortunately they had to cancel because of personal circumstances last minute and so our wonderful Heather Duncan and Tracey Child stayed longer to cover their shifts – so very grateful ladies, thank you.

I also had friends working as volunteers to take our bookings and money throughout the day working in two hour shifts, thank you to Liz Reid, Brenda Bear, Vicki Thompson, Janice Eyre, Averil Richards, Linda Will, Jenny



In the Reflexology tent: Tracy Child, Heather Duncan and Yolanda Baty

Thompson, Nooshin Forghani. Also thank you to Eagle Kairys for continuing to look after us with offers of water/food top ups.

This year had a rather large twist for me as I was personally involved with my own relay team, Mandurah Angels Breast Cancer Support Group. We had enrolled as a team earlier in the year and have been doing monthly fundraisers throughout 2018 in readiness for this event. It's been a very busy build up I can tell you!

So it was a double whammy for me, but exciting that the event had actually arrived.

Our personal team fundraising included garage sales, a morning tea event, Christmas Casino Bus fundraiser, Feast of Fashion fundraiser, raffles, plus all the small fundraisers the members of our team have individually been organising with family and friends, well done everyone.

We ended up being the second largest fundraisers in the Peel Region raising \$13,500.00 (wow wee!) which was a fantastic result. Again, thanking all those who supported us in every aspect of accumulating these funds by donating prizes or taking part in all the activities and bringing along amazing friends and family members to support all the events. Everyone has been extremely generous so thank you from the bottom of our hearts in helping us raise these much needed funds for Cancer Council.

The funds will be used for vital research, prevention, information services as well as supporting those travelling this cancer journey plus their carers here in the local



Relay for Life begins ...

Continued on page 13

community, by helping to pay for travel to hospital appointments, counsellors, nurses, complimentary therapies, the list goes on.

So back to **“THE DAY”**. Relay for Life provided us with a tent which we were very grateful for and we began setting up our Halloween-themed reflexology tent from 8am. We were right in the centre of the oval, in excellent view of the stage to watch/hear all the entertainment throughout the day as we worked our little fingers to the bone.

Dressed in fancy dress attire typical for the day, and full of enthusiasm for the day ahead. The atmosphere was already buzzing as other walkers began decorating their tents in their own themes and team members were unloading the treasures they were going to display, decorate or sell over the next 24 hours. More overnight tents were being erected behind their main tents for team members staying the night.

The oval was filled with happy faces and folks shouting good morning or good luck as they passed each other in their own fancy dress costumes.

This year I had learnt from the previous year (or so I thought) to improve the booking-in system. Haha! New flash – more flaws presented themselves so next year will be better, I promise! The bookings actually started coming in from 9.30am as walkers wanted to book in **“NOW”** as they said they had missed out last year and heard how good the effect had been from family and friends.



Yolanda Baty in fancy dress



Relay for Life—Reflexologist, Paul Mortimer with Felicity Mason

So our wonderful reflexologists came and went throughout the day covering varying shifts and there was hardly time to eat as the afternoon wore on and the word began to spread around the oval from walkers who had received treatments.

We were only charging \$5 for 10 minutes or \$10 for 20 minutes. I can tell you now, there were very few 10 minute treatments and quite a number of return customers on the day.

Many walkers turned into new clients after being introduced to reflexology for the first time. They loved it and business cards were given out to continue treatments after the event, a fantastic result all round. On top of this anyone needing to top up on CPT points could, as this covered Activity 6—one point per hour, another good result!

One team even came all the way from Tom Price which is far North West of WA to support a family member on the cancer journey. It was a very powerful and emotional day but so much fun as well, all wrapped up together. The Tom Price Team members used the Reflexology Tent a number of times throughout the day, even asking for a reflexologist contact up near them if possible. One of their team members even broke the record and ran 115 km around the oval in the 24 hour event, absolutely amazing.

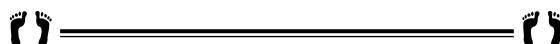
By the time 7.30pm came along after a full day of reflexology and unfortunately having to turn walkers away from 5pm as we were fully booked, we were ready to count up how much we had made over the day. Walkers even asked us if we were coming back the next day, disappointed they hadn't booked in, or return customers wanting more.

This was an incredible feeling knowing how much of a difference we had made to their day – relaxation but joy and laughter too.

The final count for our Reflexology fundraiser? Hurrah! We beat last year's record and came in with a resounding \$515.00 which was FANTASTIC, thank you to our Team.

The Relay for Life Peel Region total from all teams is standing at \$129,000.00 (at the time of writing this article)—how blooming brilliant!

Thank you to everyone for helping us raise these funds and we shall be back next year, see you then!



# When you need a little (big) help from the face!

by Irene Tasho, Australian School of Reflexology

I am going to share with you a case from one of my clients which tested my skills in foot reflexology. I wasn't able to get the results I wanted by just doing the feet but fortunately I also had a Diploma in Facial Reflexology and although I knew this is a very powerful therapy, even I was surprised at how immediate the results came to fruition.

Samantha, a woman in her forties, is a very caring and giving person but also consumed by worry and very easily affected by the stresses around her – the news, the children, parents, friends, traffic and the list goes on.

As you can imagine reflexology has been extremely helpful with the stress and worry; not only the treatment itself but the words I used to bring things back into perspective when she was spiralling off into this whirlwind of worry, losing total common sense of things.

Having taken her case history where some important information was revealed but nothing of great significance, I proceeded to work on her feet focusing on the stress factor as her expectation of the treatment was to feel less stressed.

After a few treatments Sam was feeling a lot more in control and the endocrine system especially the pituitary, thyroid and adrenals were feeling a lot more balanced except for the ovaries. The uterus also felt as if it was in turmoil and her spleen meridian very congested, especially Sp6.

From these findings I asked her what her menstrual cycle was like and if she suffered from any premenstrual tension. She told me that she would bleed very heavily for almost two weeks – the first few days she couldn't leave home – and that her cycle was every 18 to 21 days.

So basically she was only having a week or sometimes less of a reprieve from bleeding (this wasn't originally disclosed in her history form as she felt it wasn't relevant and didn't know reflexology could help). Tests were done but there was nothing physically wrong that could be causing this issue.

I suggested I could work on her face as well to make the whole treatment more powerful. She was not keen as she was worried that the oil I would use would make her skin break out in little pimples. I said I would use some organic cream but still she rejected the idea.

I carried on working on her feet. She was coming practically every week so I thought without doubt I could get some results. When working on Spleen 6 especially on the left side she would feel very nauseated and would beg me to take the finger off. The emotion of the spleen is worry but this works in two ways. Excessive worry will damage the spleen qi and a deficient spleen can weaken

the mind and our capacity to think clearly and focus, leaving us susceptible to worry.

So which was Samantha's problem? Was she worrying because of spleen deficiency or was the spleen deficient because of her worry? Talking to her about her past it seemed that worry was not present in her younger days but I believe that events and circumstances that took place in those years and stored in the subconscious are now surfacing and contributing to this effect.

I worked consistently on spleen and stomach reflexes and meridians but also on Samantha's mind, making sure both were balanced.

I worked with everything I knew to try and help her with her issues, on the physical and emotional level, however results were not significant as far as her bleeding was concerned, only the heaviness of the first few days had eased a bit.

One day she came in and everything felt so different! I asked her what was going on and she told me the doctor put her on the contraceptive pill. Problem solved! Until she decided a few months later that she didn't like being on the pill – so back to square one.

I kept suggesting facial reflexology but she wouldn't give in. Hardly visible pimples on her face, in her case, were more of a problem than the excessive bleeding. It is great when clients like this come to you because they put your judgment to the test and as therapists or good therapists we don't judge. I learned to accept her choices

however frustrating they were to me. I was happy of course that she still kept coming back; I must have been doing something right!

Then one day she was in great turmoil as the doctor had said that the only option was to have a hysterectomy. Well it was my turn to make a point – I begged her to give me one chance to do her face before going for surgery and she finally said OK!

Of course I was delighted but at the same time praying that it would really have some benefit. I knew how powerful it could be but I also knew how powerful feet could be and yet I was not getting the results I had hoped for.

Working on her face the same issues came up as on the feet. If you understand facial reflexology I worked on nerve points for pituitary, ovary and adrenals and I did colon link for pituitary as it was the most imbalanced. I also worked for about 20 minutes on her feet to support what I did on the face.



Continued on page 15

The next appointment Samantha almost cancelled as she got her period that morning and was worried about the heavy flow; I am glad she didn't.

When she came back for the appointment a week later she tells me that there was an instant reaction last week—that same day of the treatment the flow had reduced quite a bit and she was still bleeding today but quite a bit lighter. She was intrigued and amazed! So no problem with working on her face this week.

I kept to the same protocol for the next few weeks. Next period came again after two and a half weeks but much lighter. The next one was only four days early instead of 10 and bleeding for about a week and the next one came after 28 days and five days of bleeding!!

In less than three months the results have been amazing – and not quite a treatment every week as she missed a couple. She was delighted that no hysterectomy was necessary!

I haven't been working on her face quite as regularly as once she broke out into spots and didn't want me to work on her face and she gets cold sores on her lips sometimes – another symptom of excess heat in stomach. Generally she prefers me to do her feet. Every now and then however, I work on her face as things get a little imbalanced again. Her periods now continue to be normal with sometimes a day

or two of mishap and a little heavier on the first few days but generally she is leading a much more normal monthly life.

This took place about four years ago and she still comes to me regularly. I taught her meditation and always talk about mindfulness to help her cope and deal with everyday life. She has progressed very well but feels she needs to come and see me for the support as she still sometimes spirals out of control and, like all of us, different things come up at different times that we need a little help with.

I did find a correlation between the stress levels and the periods, even today if she is very stressed her period might also be more irregular.

Samantha never returned to the same doctor as she wasn't happy with her, so sadly we don't know what reaction she would have had when finding out that her cycle is pretty normal. I know this doesn't matter but it would be supportive for us if a few more in the medical industry could only see a little of how powerful reflexology is!

It is very exciting when we as therapists have results like this, but we mustn't forget that even if the results aren't of this magnitude, whenever we work on someone, we are making a big difference to their wellbeing however subtle the reactions or results are.

Our love and light not only through touch but also energetically is making a huge difference to this world so in need!



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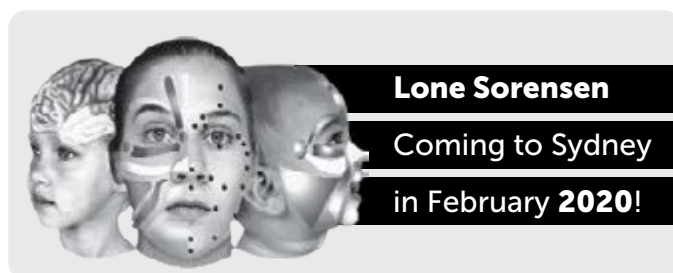
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# Reflexology in Australia, Part 2

In the second part of her 2009 ICR Conference speech, *Reflexology in Australia*, Heather Edwards continues outlining the development of reflexology in Australia.



In 1991 Trevor Steele and I continued classes throughout Australia with the highlight of the year being a tour by Dwight Byers to the eastern states during August.

During 1991 Sue Ehinger, who had established the Australian School of Reflexology in New South Wales, made contact with Lynn Hatswell and invited her to be a guest lecturer. This led to her meeting with Sandi Rogers from the Victorian School of Reflexology and Herbal Studies, Trevor Steele, Australian School of Reflexology and Relaxation and Heather Edwards, Queensland School of Reflexology, along with others involved in developing reflexology in the eastern states.

In mid November (15-17th) Sandi Rogers hosted the first reflexology conference in Australia at the Marie Mill Community Centre, Randall Street, Maribynong, Victoria. As a result of west and east coming together during 1991, Trevor had the vision that all Australian states should work together for the benefit of reflexology and plans were set in motion for a national meeting.

At this point I would like to discuss the actual process of development of the Reflexology Association of Australia. You will recall that I mentioned regular gatherings in both Victoria and Queensland and moves to form an association.

Continuing on: in Victoria the inaugural meeting for an association move was held in the home of Jossie Maguzzo on 7 April 1989 which was the forerunner of many meetings to come. At this meeting, a working party was elected to formulate the criteria for objectives, membership categories and the constitution.

The Reflexology Association of Australia was formally incorporated in Victoria on 7 September 1989. Trevor Steele became the first President of the Reflexology Association of Australia in Victoria and Carol McBain the first Secretary.

Victoria's move was closely followed by Queensland who held their first meeting under the banner of Reflexology Association of Australia on 31 January 1990. Selected words from the minutes of that meeting read:

*"Heather Edwards of the International Institute of Reflexology proceeded to advise members that the forming of the RAA was a separate entity from the IIR. We will all be members of the RAA and together built a name with the Australian people. All members of the IIR whether certified or practicing Reflexologists are eligible to join the Association. In the future we shall establish eligibility of outside Reflexologists and people practicing Reflexology from outside the IIR joining the Association."*

*"In combination with the Victorian Association we should look at forming a branch here in Queensland and keeping these branches in unison with an Australian National Association."*

The Queensland branch of the Reflexology Association of Australia finally became incorporated on 5 August 1991.

During 1990–1991 New South Wales were also moving towards an official association. The inaugural meeting, instigated by Sue Ehinger and Graeme Murray, was held in Turrumurra on 11 October 1990 with incorporation occurring late in 1991.

Susanne Enzer, having emigrated to Australia from England in 1990, also became an integral part of the development of the RAA and education trends in Reflexology. She introduced us to Maternity Reflexology and was the first to teach 40 hour certificate courses in reflexology, specifically for midwives at local hospitals. She was also the one who introduced many of us to colour and light in reflexology and the use of a reflexology torch. I recall many happy weekends with Susanne in her beautiful old church in Turrumurra presenting IIR seminars. In later years Sue Ehinger delivered the Australian School of Reflexology's first diploma course along with others from Susanne's wonderful venue.

Meanwhile Western Australia had begun moves in mid 1990 when Flora Casotti and Lynn Hatswell discussed starting a Reflexology Association. In September they invited a steering committee of nine people to begin the proceedings. This culminated in the first meeting of Reflexology Association of Australia WA in December 1990 and incorporation early in 1991. Western Australia had formed an Association quite independently of the eastern states and coincidentally called it the Reflexology Association of Australia. Lynn Hatswell was the first RAA president of Western Australia and she made the following observations:

*"Western Australia became incorporated in 1991, chose the name Footnotes for their first newsletter and the name Reflexology Association of Australia for its Association."*

This happened with no knowledge of what was occurring eastwards, across the desert in Victoria and Queensland.

It is interesting to note that Western Australia and Victoria both named their state magazine 'Footnotes'. It would appear in Lynn's words that "there was perhaps a bit of destiny pattern evolving here". To add to this amazing duality Western Australia and Victoria created very similar logos for the Associations. It was the Western Australian one which became adopted by all states.

The state newsletters have continued over the years, but it was in 1995 when Russell McAllister from New South Wales took on the responsibility of producing a national magazine that Footprints was born. He published the NSW newsletter from 1992-1995 and the National Journal from June 1995 to June 1996.

When Russell resigned from FootPrints, Graeme Murray and Sue Ehinger took over the editing with Val Wallington

*Continued on page 18*

doing the desk top publishing. This they did for nine and a half years from October 1996 to March 2006.

Footprints has been an integral part of continuing education in Australia and we reflexologists owe much to this hard working crew. Russell actually branched out with Sheryl Thomas in 1996 and launched Reflexology World which has become a nationally-cherished magazine full of informative articles. Congratulations Russell on your ongoing contribution and commitment to the continuing development of reflexology world-wide.

In September 1991 two milestones for the development and credibility of reflexology were achieved with firstly a phone call by Sue Ehinger to Lynn Hatswell and the hosting of the first Australian Reflexology Conference by the Victorian School of Reflexology and Herbal Studies. It produced, in Lynn's words, initial contact by "the sand gpropers" with the other states. This conference was the brainchild of Sandi Rogers and had as its theme 'Aiming for a Professional Standard'.

This wonderful conference was opened by Trevor Steele as the President of RAA Victoria and boasted an exciting array of local and international speakers including Christine Issel, Avi Grinberg, Lynn Hatswell, Bruce Bentley, Trevor Steele, Ron Guba, Danny Spijer (who incidentally was the legal eagle who helped with the Victorian Constitution), Dr Vagif Sultanov, Dr Richard Kobylarz, Sandi Rogers and Suzanne Fitzmaurice.

The Essendon Motor Inn in suburban Melbourne became the forum for the inaugural meeting towards the formation of a national reflexology organisation. This was held on 16 November 1991 at 8am. New South Wales, Queensland, South Australia, Tasmania, Western Australia and Victoria were all represented. A motion was submitted and passed that a national committee be formed with two delegates from each state and that the venue for meetings be rotated around the states.

There was to be no official office bearers and the host state would provide secretarial support for the meeting. The cost of transporting the delegates to meetings was to be born by the states themselves. The next meeting was to be held in Victoria.

On 16–17 May 1992 the first Reflexology Association of Australia National Delegates Meeting took place at Trevor Steele's 'Bed and Breakfast' on the lake at Daylesford, Victoria, with two representatives from each of New South Wales, Victoria, Western Australia and Queensland.

Those representatives being Sue Ehinger, Graeme Murray, Sandi Rogers, Trevor Steele, Bert Davis, Lynn Hatswell, Sally McCrae and myself. While the first Australian conference in Victoria was a milestone in the development and credibility of reflexology, this meeting was also a milestone in training standards.

From this meeting came national training standards and the official registration of the first Reflexology Association of Australia recognised training course, that being from the Victoria School of Reflexology and Herbal Studies. Initially RAA assessment for practitioner membership was an informal perusal of theory and practical results and a practical session on the assessor/s.

By 1996 we had two Reflexology Association of Australia recognised courses in Victoria, one in New South Wales, three in Queensland and two in Western Australia. At this time there were no national government standards for reflexology.

The first Reflexology Association of Australia National Delegates Meeting has been followed by similar meetings in May of each successive year. Education issues were, and still are, an important part of the National Delegates Meetings which are now organised to coincide with the initial yearly conferences. As the national conferences became biennial, in part to accommodate the ICR conferences, teachers organised extra meetings to continue the establishment of reflexology standards across Australia. Sue Ehinger led the focus here.

The Report of the First National Committee Meeting shows that the agenda included 'areas of common interest to all states' and it was agreed under this item that the following should be common to all state associations: name (we would adopt the Reflexology Association of Australia, (state) inc.); logo (the Western Australian logo being adopted); Constitution; Statement of Objectives; Categories of Membership; Criteria for Membership; Code of Ethics, Criteria for Approval of Schools/Teaching Institutions and ways in which to educate the public about reflexology. It is very obvious that 15 years ago these delegates laid down some very firm foundations for our national body.

At this time, alternative lifestyle festivals, markets and small committee meetings provided a springboard for the early development of natural and wholistic therapies in all states.

Sandi ran another national conference in Victoria in 1992 and the 4th ICR Conference in 1993 before handing the reins over to the RAA. Sandi Rogers was instrumental in gaining Melbourne as the venue for the ICR Conference and in organising its success with international participants including Christine Issel, USA; Mo Usser, UK; Bill Flocco, USA; and Harvey Lampel, USA.

Thanks again must go to Sandi Rogers for really putting Australian reflexologists right up there in the development and enthusiasm of reflexology around the world. It was at this conference that Trevor Steele received the Eunice Ingham Award for his services to reflexology in Australia.

Further conferences have been held bi-annually starting in 1994 in Western Australia, 1996 in Sydney, 1998 in Brisbane, 2000 in Hobart, 2002 in Victoria, 2004 in Perth and 2006 in Adelaide. Each of these conferences have been an exhilarating, re-energising experience for the attendees and the organisers alike.

***In the April edition of FootPrints, we will reprint the third and final part of Heather's speech.***



# CPT News – January 2019

by CPT Committee: Monique van den Ing, Susan Ramsey, Karen Riley, Jacqui Baldwin, Vera Emmi

## Are association memberships really necessary?

Some private health funds have announced they will cease rebate support for complementary therapies from 1 January 2019. For Professional Members (PM) this begs the question: *should I continue to belong to an association?*

This is a personal or business decision, but PMs still need to be compliant with the *National Code of Conduct for Unregistered Health Practitioners* and the *Private Health Insurance (Accreditation) Rules 2011*. Both require service standard levels that association membership provides and as discussed in *FootPrints* April 2018, for more information go to:

### 1. National Code of Conduct for Unregistered Health Practitioners:

NSW: <https://www.health.nsw.gov.au/phact/Pages/code-of-conduct.aspx>

QLD: <http://www.health.qld.gov.au/system-governance/policies-standards/national-code-of-conduct>

VIC: [http://hcc.vic.gov.au/sites/default/files/code\\_of\\_conduct\\_full\\_text\\_a3\\_poster.pdf](http://hcc.vic.gov.au/sites/default/files/code_of_conduct_full_text_a3_poster.pdf)

SA: <http://www.hcsc.sa.gov.au/information-code-conduct-unregistered-health-practitioners/>

*Note: The States and Territories of ACT, NT, TAS and WA are yet to publish a National Code document, please use another State's version.*

### 2. Private Health Insurance (Accreditation) Rules 2011:

<https://www.legislation.gov.au/Details/F2013C00093>

## CPT – re-investing in YOU

As 2019 will see a host of international presenters coming to Australia to share their wonderful knowledge, I want to take time to promote our homegrown presenter Louise Dennison from Townsville QLD and her Zen Reflexology workshop. This workshop is the RAOA's 2019 CPT national event. So what does it mean to be a RAOA CPT national event?

It means this presenter has agreed to a set payment for their delivery of workshops and costs. This means registration, advertising, venue hire, travel, accommodation, presenter assistant support, morning/afternoon tea and attendance certificates are covered by the workshop price set by the CPT and Finance Directors. Any profits made by RAOA CPT workshops are re-invested back to all members, while other presenters keep 100 per cent of profits.

In the past presenters chose to contact RAOA for promotion of their Australian visits and workshop calendars, and although not RAOA CPT events, this advertising income provided much needed financial support for our association. With technology enhancements and global social media making it easier to create contact groups and communicate in real time, we have experienced a move away from contacting us for advertising.

The impacts for RAOA are not only financial but undermines our National Office's promotional activities and the work of CPT and Branch Committee volunteers to bring learning opportunities to their members. We have little or no influence over visiting international or Australian presenter workshop calendars, but where there is consultation we may resolve dates that conflict and compete with National and Branch events.

## How can I provide support?

- ◆ Support CPT National and Branch events as all income is re-invested back to members.
- ◆ Email suggestions for preferred therapies or specific presenters to the CPT Committee [cpt@reflexology.org.au](mailto:cpt@reflexology.org.au), please do not use the RAOA Facebook page.
- ◆ Be aware that direct requests to presenters for delivery of workshops may undermine current discussions or gazump CPT, AGM and Conference Committee planning.

## 2018 FootPrints Quiz – still only \$20!

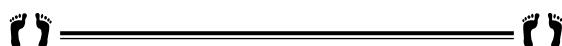
The Quiz is available for downloading from the RAOA Home page with up to five CPT points based on correctly answered questions. See Quiz cover sheet for credit card, direct deposit or cheque payment details. **Completed quiz and payment must be received by National Office before the due date 31 March 2019.** Good luck everyone!

## Changing of the guard

Jacqui Baldwin resigned as CPT Director as at 31 October and we thank Monique van den Ing from WA for stepping up into the role until 4 December 2018. The Board will advise of a new Director following their February 2019 meeting.

## 2019 key calendar dates for your CPT planning:

March 16–17	Zen Reflexology 2 day workshop – Melbourne Activity 1
March 23-24	Zen Reflexology 2 day workshop – Perth Activity 1
<b>March 31</b>	<b>CPT Quiz Closes – Activity 9</b>
May/June	Annual Branch Meetings- Activity 3
<b>JUNE 30</b>	<b>Professional Members need to have accrued 20 CPT Points</b>
August 17–18	Zen Reflexology 2 day workshop - Sydney Activity 1
August 24–25	Zen Reflexology 2 day workshop – Brisbane Activity 1
September 28–29	Zen Reflexology 2 day workshop – Adelaide Activity 1
October 19–20	Annual General Meeting – Hobart Tasmania Activity 2





**Are you guilty of having low CPT Points?**  
**We hereby sentence you to a two day workshop in historic HOBART**  
**and award you 16 CPT points!**  
**When: 19<sup>th</sup> & 20<sup>th</sup> October 2019**

**Let these fantastic local presenters capture your imagination!**

<b>Bill Pearson</b> Gathering and Releasing Qi	<b>Phil Boyd</b> Hand Mobilisation Techniques	<b>Ruth Casper</b> Chakras and Reflexology
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**Venue:** The Old Woolstore, 1 Macquarie Street, Hobart



**Registrations:** Open 4<sup>th</sup> April 2019 online via RAOA website [www.reflexology.org.au](http://www.reflexology.org.au)

*Due to venue size, numbers will be limited to 40 attendees. Expressions of interest being taken now—email [accounts@reflexology.org.au](mailto:accounts@reflexology.org.au)*



**The program:** Starts 10.30am Saturday and finishes 4pm Sunday  
 (Tai Chi will be held 9am Saturday morning for early starters)

**Come to Hobart and earn your ticket of leave!**

## Association Awards

Life Membership	Outstanding Achievements		
<b>NSW</b> Sue Ehinger Graeme Murray Cherel-Sue Waters Judee Hawkins	Ronda Mackay Judee Hawkins 2009 Ann Jooste Jacobs 2009 Misha Frankel 2010 Joan Harwood 2010 Jan Cullen 2014	Stephen O'Rourke Sarita Atkins	2017 2017
<b>QLD</b> Heather Edwards Sharon Stathis Tissa Hennig Dianne Yaxley Joan Boardman Smith <i>(deceased)</i>	Don Stretton Julie Bidwell Jan Williams 2006 Glenda Hodge 2007 Ian Gilbert Miranda Mann 2007 Irene Bull Patricia Maclean Margaret Coventy 2008 Catherine Lee 2008 David Wong 2008	Claire Siertsema Jan Kiss John Zurfluh Sonia Bailey Kate McKnight Sue Brooking Catherine Lee Helen Adendorff Kate McKnight Vera Emmi	2009 2009 2010 2011 2011 2013 2014 2015 2015 2016
<b>SA</b> Joyce Lockett Rosemary Urban <i>(deceased)</i> James Flaxman Susan Ramsay	Suzanne Pfitzner Susan-Jean Ramsey 2006 James Flaxman 2008 Marg Rowett 2011 Pauline Trent 2014		

Life Membership	Outstanding Achievements		
<b>TAS</b> Pamela Skeggs	Lorna Menzies 2010 <i>(posthumously)</i> Gaylene Webb 2011 Vicki Delpero 2011 Shirley Lawson 2012 Sarah Blain 2013 Lynda Kidd 2018		
<b>VIC</b> Dee Leamon Carol McBain Josie Magazzu <i>(deceased)</i> Marion Bond Trevor Steele <i>(posthumously)</i> Emma Gierschick	Natalie Baker 2006 Marion Bond 2008 Samantha Langridge 2010 Karen Fothergill 2010 Helen McCallum 2010 Dani Singer 2010 Anne Cooper 2010 2013	Lyn Fava Yve Frankcombe Anne Hilarius-Ford	2013 2017
<b>WA</b> Keith Solomon Brigitte Johnson Lynn Hatswell	Patrica Bell 2006 Flora Toft 2006 Gladys Duncan 2006 Chris Aubrey 2007 Des Bradley 2007 Lis Anderson 2007	Mairead Spooner Catherine Chandler Judy Moyes Dot Neems Carol Lee	2008 2008 2011 2017 2017



## Past Presidents of the Reflexology Association of Australia

Name	From	To
Brigitte Johnson	2002	July 2003
James Flaxman (Acting)	July 2003	September 2003
Jan Williams	September 2003	September 2004
Emma Bettles (Gierschick)	September 2004	July 2007
Libby Stark	July 2007	July 2009

Name	From	To
Anne Young	July 2009	March 2011
Susan Ramsey (Acting)	March 2011	July 2011
Heather Edwards	July 2011	July 2014
Sonia Bailey	July 2014	October 2017
Susan Ramsey	October 2017	present

# CPT Education and World-Wide Conferences Calendar of Events

Inclusion in the CPT Calendar of Events is a further bonus for advertisers and includes one free listing for each advertisement placed. Place your advertisement with the RAoA Marketing Manager—  
[marketing@reflexology.org.au](mailto:marketing@reflexology.org.au)



2019	PRESENTER	TITLE	LOCATION/CONTACT
February 10 <sup>th</sup>	RAoA SA Branch	Branch Meeting and Workshop Day	Brompton, Adelaide SA
February 17 <sup>th</sup>	RAoA QLD/NT Branch	Branch Meeting and Workshop Day	Wynnum Community Centre, Wynnum Brisbane Information and registrations online now RAoA website <a href="http://www.reflexology.org.au">www.reflexology.org.au</a>
March 5 <sup>th</sup>	RAoA NSW/ACT Branch	Branch Meeting and Workshop Day	Crows Nest, Sydney NSW
March 16–17 <sup>th</sup>	Louise Dennison	“Zen Reflexology”	Glen Waverley, Melbourne Vic Information and registrations online now RAoA website <a href="http://www.reflexology.org.au">www.reflexology.org.au</a>
March 22–25 <sup>th</sup>	Australian School of Reflexology	“Facial Reflexology 1 & 2” with Sue Ehinger	Sydney, NSW Call (02) 9449 6161 or website <a href="http://www.reflexologyaustralia.com">www.reflexologyaustralia.com</a>
March 23–24 <sup>th</sup>	Louise Dennison	“Zen Reflexology”	Redcliffe, Perth WA Information and registrations online now RAoA website <a href="http://www.reflexology.org.au">www.reflexology.org.au</a>
May 18–19 <sup>th</sup>	RAoA NSW/ACT Branch	Annual Branch Meeting (ABM) and Workshop Weekend	Crows Nest, Sydney NSW
May 19 <sup>th</sup>	RAoA WA Branch	Annual Branch Meeting (ABM) and Workshop Day	TBA
May 19 <sup>th</sup>	RAoA Tas Branch	Annual Branch Meeting (AMB) and Workshop Day	TBA
May 19 <sup>th</sup>	RAoA Vic Branch	Annual Branch Meeting (ABM) and Workshop Day	Hawthorn, Melbourne VIC
May 26 <sup>th</sup>	RAoA Qld/NT Branch	Annual Branch Meeting (ABM) and Workshop Day	TBA
June 8–9 <sup>th</sup>	RAoA SA Branch	Annual Branch Meeting (ABM) and Workshop Weekend	Brompton, Adelaide SA
July 21 <sup>st</sup>	RAoA NSW/ACT Branch	Branch Meeting and Workshop Day	Crows Nest, Sydney NSW
August 17–18 <sup>th</sup>	Louise Dennison	“Zen Reflexology”	Crows Nest, Sydney NSW Information and registrations online now RAoA website <a href="http://www.reflexology.org.au">www.reflexology.org.au</a>
August 24–25 <sup>th</sup>	Louise Dennison	“Zen Reflexology”	Spring Hill, Brisbane QLD Information and registrations online now RAoA website <a href="http://www.reflexology.org.au">www.reflexology.org.au</a>
September 10 <sup>th</sup>	RAoA NSW/ACT Branch	Branch Meeting and Workshop Day	Crows Nest, Sydney NSW
September 28–29 <sup>th</sup>	Louise Dennison	“Zen Reflexology”	Brompton, Adelaide SA Information and registrations online now RAoA website <a href="http://www.reflexology.org.au">www.reflexology.org.au</a>
October 19–20 <sup>th</sup>	RAoA National AGM	National Annual General Meeting and Workshop Weekend	Hobart, TAS.
November 10 <sup>th</sup>	RAoA SA Branch	Branch Meeting and Workshop Day	South Plympton, SA
November 19 <sup>th</sup>	RAoA NSW/ACT Branch	Branch Meeting and Workshop Day	Crows Nest, Sydney NSW

## Welcome New Members

September–November 2018

First Name	Surname	Suburb	State
Louise	Bell	Kallaroo	WA
Chandima	Berenger	Mooroobool	QLD
Sarah	Chameides	Paradise Point	QLD
Michelle	Drage	Ballajura	WA
Caroline	Flint	Lancelin	WA
Lareena	Groves	Bellingen	NSW
Salena	Keetch	Rouse Hill	NSW
Terence	King	Terrigal	NSW
Louise	Law	Halls Head	WA
Valerie	Lee	Kakadu	NT

First Name	Surname	Suburb	State
Sally-May	Marchingo	Westminster	WA
Michele	McKenzie	Baigowlah Heights	NSW
Joanne	Mellor	Newport	NSW
Kim	Nelson	Springwood	NSW
Vanessa	Pyne	Mango Hill	QLD
Caroline	Sharp	Edge Hill	QLD
Miho	Suzuki	Northbridge	NSW
Cheryl	Tilsed	Barrack Heights	NSW
Karen	Tregidgo	Casino	NSW
Carrie	Van Dam	Bronte	NSW

# BRANCH NEWS

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New Year's greetings from South Australia!

It's the time of the year when we reflect on the year that has just concluded with gratitude and appreciation for all the opportunities that we have had to grow and learn both in our professional life as reflexologists and also our personal life and all the blessings that we have received over the year. It is also the time of the year to reflect on the year that is about to unfold.

The 2018 highlight for the South Australian Branch of the Reflexology Association was hosting the National Conference from 19 to 21 October. We particularly acknowledge the untiring efforts of the Conference Organising Committee, in particular the key people – Marie Steinke, Susan Ramsey and Pamela Nish in arranging and running the conference, as well as the additional helpers for the three days of the conference.

## SOUTH AUSTRALIA



Our final branch meeting for 2018 was held on 4 November at Bert Heister's home. The 2018 National Conference was reviewed and branch meeting and CPT dates for 2019 were finalised.

2019 Dates are:

- ◆ Sunday 10 February, SA Branch Meeting & CPT event at 19 Green Street, Brompton.
- ◆ 8 and 9 June, SA ABM, CPT Event—Guest Speaker, SA Branch Meeting at 19 Green Street, Brompton.
- ◆ Saturday 28 and Sunday 29 September, Zen Workshop, venue to be advised.
- ◆ Sunday 10 November, SA Branch Meeting & CPT event at Bert Heister's home, 71 Barker Avenue, South Plympton.

We look forward to embracing the reflexology and learning opportunities as they unfold in 2019.

*Elaine Tscharke*

As I sit down to write this, the calendar has just clicked over to December 1 – first day of summer and the downhill slide to Christmas. ☺

We have had another busy few months in the West. WA was well presented at the National Conference in Adelaide in October. I was so proud of our state and our branch – the energy and enthusiasm our members showed and the loving support of each other was just wonderful to be a part of. We all had a fabulous time and again we thank the SA branch for putting on such a fantastic weekend.

Our November study day, A Taster into Practical Facial Reflexology Techniques, run by our South West member Janette Murphy was very well supported with close to

## WESTERN AUSTRALIA



30 members attending. Unfortunately I was unable to be there but I believe it was a huge success.

Our committee is currently in the process of putting together our February study day. We are also in the process of following up on a letter we may pass on to clients to send to their insurance companies in regards to the upcoming cancellation of rebates for Reflexology. I think we (like you all) are sitting tight and waiting to see what effect the withdrawal of rebates will have to our clients and our businesses.

Next year we have Louise Dennison presenting her Zen workshop in Perth as well as one or two other international presenters coming to the West. 2019 is shaping up to be another busy year in the WA Reflexology world.

*Jill Jones*

Greetings from Victoria. We have had a busy and enterprising few months. Many who went to the conference came back inspired. Lyn Fava from the Australian School of Reflexology and Relaxation has been busy promoting reflexology on ABC Radio with Libby Gore promoting the conference and research. Lyn has also been involved in Reflexology on Channel 72 TV House of Wellness and the Sunshine and Western Hospital had a reflexology promotion.

Lyn was also approached by the Epworth Hospital Oncology Day Treatment to provide volunteer reflexologists for the "feel good month" of November. Eighteen reflexologists and students attended, with two practitioners



## VICTORIA

present each day for the whole month. The Unit Manager gathered feedback from staff and patients which was overwhelmingly positive, highlighting the need for paid reflexology positions to be funded. A full report will be presented at a later date. It was a great opportunity to showcase the benefits and gain insight to working in this area. A special thank you to all who supported this venture.

Our December Training Day and general meeting was a fun and informative day with excellent attendance. Topics covered were Traditional Chinese Medicine and reflex areas, improving posture and ease, and understanding the levels of consciousness and meditation. Thank you all for your contribution to the health and wellness of others. Wishing all a happy and safe 2019.

*Cate Brown*



## QUEENSLAND

Hello from hot, dry and somewhat charred Qld/NT Branch.

By the time you read this our branch will have held our final workshop for the year on Sunday 2 December. Befitting the season, attendees will have worn something festive and there was a secret Santa gift exchange. Our presenter, Marlene Rutherford, will educate us on mental health and metamorphosis. And to add to the fun of the day, we have organised a quiz, raffles and yummy food.

A big thank you goes to our Sunshine Coast members who hosted the branch workshop and meeting day in Caloundra in August. This was a great success with many

members attending, trade tables and lots of educational subject matter passed on by the presenters.

In November we attended the Gold Coast Women's Expo. This was our first time at this event and unfortunately it was not a terribly successful outing due to a number of oversights on behalf of the event organisers. We hope that feedback from the various stallholders will help make this very promising event a better prospect in the future.

We will start 2019 running, with our first workshop organised for Sunday 17 February presented by Leanne Moore who will be talking about and demonstrating reflexology formulated around the principles of Ayurvedic medicine.

*Wendy Dalzell*

It was a beautiful spring day for our **TASMANIA** November meeting and Educational Practicum Exchange event when we met for our traditional Christmas get together in Campbelltown. After the meeting we reviewed the anatomy and physiology of the endocrine system and discussed alternative reflexology approaches. At lunchtime we enjoyed some delicious festive food and exchanged secret santa gifts. This was followed by a lovely relaxing afternoon as we gave each other a reflexology treatment targeted on balancing the endocrine system.



Our next meeting will be in Launceston on Friday 15 February 2019; venue to be advised. All welcome for an informal networking dinner and meeting.

Tas Branch will not be offering a February workshop due to a clash of dates with a privately organised reflexology CPT event. Please contact me if you have any concerns about your CPT opportunities.

Seven Tasmanian members attended the national conference in Adelaide and to our delight, one of our student members, Tiziana Hill was presented with the Trevor Steele Award. Tiziana has also put her hand up to be the new Footprints editor. It was a great networking opportunity with inspiring presentations; our thanks to SA members for such a good conference.

Other dates to put in your diary are Sunday 19 May – Annual Branch Meeting and workshop day and Sunday 18 August – meeting and workshop day; both in Campbelltown. We have planned some interesting presenters so keep an eye on your inbox as these dates approach.

Our member and Branch Secretary, Lynda Kidd has been co-opted to the RAOA Board with responsibility for Promotions and Research. At the time of writing there were no nominations for Tasmanian Director and this remains a casual vacancy.

Then in October, Tas Branch will be hosting RAOA's national AGM in Hobart. This will be held in conjunction with a two day CPT event on 19–20 October (see advert). Your Tas AGM sub-committee members have been organising the venue and presenters. Registrations will open in April and we anticipate that places will fill quickly.

*Sarah Blain*

## NEW SOUTH WALES



Welcome to 2019. With the news that the next national conference is coming to Sydney in 2020 our Conference Committee has been working hard to get things started over this Christmas break. More updates will be provided as and when we are ready to reveal them.

If you do want to volunteer to join the 2020 Conference Committee, please get in touch as "many hands make light work".

We have also been hard at work securing our annual branch meeting guest speakers and workshop day on 18 and 19 May. We have a great line-up so we look forward to seeing a lot of our NSW/ACT members at this event. I look forward to catching up with everyone at our first general meeting of the year, in March.

*Karen Riley*

# FootPrints Journal

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## SUBSCRIPTIONS AND ADVERTISING

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## Copy deadlines

April issue: Mar 1	October issue: Sept 1
July issue: Jun 1	January issue: Dec 1

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### Attention contributors to FootPrints

The Guide to Authors of articles for FootPrints has been removed from the quarterly magazine and relocated onto the website [www.reflexology.org.au/fp-contributors](http://www.reflexology.org.au/fp-contributors). If you would like to contribute an article or advertisement to appear in a future issue of the Australian quarterly magazine 'FootPrints', please take time to read the 'Guide to Authors' and 'Advertising Policy'.

If you need more information on contributing to FootPrints, please don't hesitate to email the current Editor of Footprints: [footprints.articles@reflexology.org.au](mailto:footprints.articles@reflexology.org.au)

The Reflexology Association of Australia is committed to the belief that reflexology can be of great benefit to the health of all Australians. It publishes a referral register on its website ([www.reflexology.org.au](http://www.reflexology.org.au)) and has a referral phone service (1300 733 711) for members of the public who wish to consult a qualified practitioner.

## Reflexology Association of Australia Limited

The Reflexology Association of Australia Limited was incorporated in 2002 as a company limited by guarantee (ACN: 101 412 319)

### State Branches

<b>NSW</b>	Chairperson: Karen Riley Phone: 0415 657 251 Email: <a href="mailto:heartcentrednaturaltherapies@gmail.com">heartcentrednaturaltherapies@gmail.com</a> Secretary: Janet Burgess Phone: 0410 595 702 Email: <a href="mailto:jburgess21@gmail.com">jburgess21@gmail.com</a>
<b>QLD</b>	Chairperson: Wendy Dalzell Phone: 0419 735 766 Email: <a href="mailto:wendy@tranquilsole.com.au">wendy@tranquilsole.com.au</a> Secretary: Diana Dryer Phone: 0414 833 648 Email: <a href="mailto:diana@reflexologybrisbane.net.au">diana@reflexologybrisbane.net.au</a>
<b>SA</b>	Chairperson: Pamela Nish Phone: 0421 648 790 Email: <a href="mailto:pamelanish@hotmail.com">pamelanish@hotmail.com</a> Secretary: Jo Booth Phone: 0419 804 949 Email: <a href="mailto:jobooth@bigpond.com">jobooth@bigpond.com</a>
<b>TAS</b>	Chairperson: Sarah Blain Phone: 0427 261 710 Email: <a href="mailto:smblain@bigpond.net.au">smblain@bigpond.net.au</a> Correspondence Secretary/ Library: Sally Stubbs Phone: 0439 750 168 Email: <a href="mailto:sas.7@live.com">sas.7@live.com</a> Minute Secretary: Lynda Kidd Phone: 0417 374 058 Email: <a href="mailto:lmkidd@utas.edu.au">lmkidd@utas.edu.au</a>
<b>VIC</b>	Chairperson: Catharine Brown Phone: 0408 209 718 Email: <a href="mailto:catharinebrown61@gmail.com">catharinebrown61@gmail.com</a> Secretary: Maureen Wilson/Catharine Brown Phone: 0427 355 525 Email: <a href="mailto:mmwilson@netcon.net.au">mmwilson@netcon.net.au</a>
<b>WA</b>	Chairperson: Jill Jones Phone: 0403 320 731 Email: <a href="mailto:solebalance@westnet.com.au">solebalance@westnet.com.au</a> Secretary: Karen Bishop Phone: 0420 387 752 Email: <a href="mailto:feelgoodtherapies@iinet.net.au">feelgoodtherapies@iinet.net.au</a>

### State Branches

If there has been a change in the above directory, kindly email Tiziana Hill, [footprints.articles@reflexology.org.au](mailto:footprints.articles@reflexology.org.au)

## Board of Directors 2018–2019

Please know that Directors can be contacted to clarify concerns

**President:** Susan Ramsey (SA)  
[president@reflexology.org.au](mailto:president@reflexology.org.au)  
0417 855 931

### Other positions:

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[cpt@reflexology.org.au](mailto:cpt@reflexology.org.au)  
**Education:** Vacant  
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**WHS:** Susan Ramsay  
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**Promotions:** Lynda Kidd  
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0417 374 058

### Incoming Director:

Alison Torre  
[feeteetz11@gmail.com](mailto:feeteetz11@gmail.com)  
0406 144 517

### Incoming Director:

Catherine McIver (WA)  
[cathmciver@hotmail.com](mailto:cathmciver@hotmail.com)  
0411 453 301

(Non-Director position):

**Governance, Company Secretary and Webmaster:** James Flaxman (SA)  
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**Accounts—Vera Emmi**  
[accounts@reflexology.org.au](mailto:accounts@reflexology.org.au)



*All presenters were amazing and had something to offer.*  
Helen McLean, WA



*Very enlightening. Wonderful informative presenters. Lots of like-minded people.*  
Shirley Allen, Vic



*Amazing. Very informative. I definitely picked up new knowledge for my practice. Very enjoyable.*  
Sherie Johnson, SA



# Reflexology Association of Australia

**VISION for Reflexology:** Reflexology is to be recognised as a major component of an integrated health care system.

**VISION for the Association:** The Reflexology Association of Australia is a leader in integrated health care systems.

**MISSION:** Develop and promote the quality of our practitioners and advance the safe and beneficial contribution of Reflexology to the health of the community.

**We will achieve our mission by:**

- Maintaining a viable and sustainable association.
- Maintaining high levels of training and qualifications.
- Promoting awareness, understanding and usage of reflexology in the general community and the health sector.
- Providing a professional support structure for members.
- Representing and advocating for members in the public, government and health arenas.
- Facilitating, supporting and engaging in research.
- Increasing membership and retaining existing members.

It's all happening from **March** 2019

*RAoA National Workshop - "Zen Reflexology" with Louise Dennison is coming to Melbourne, Perth, Sydney, Brisbane and Adelaide in 2019. See our website for details!*

**16-17 March 2019—MELBOURNE Glen Waverley**

**23-24 March 2019—PERTH Redcliffe**

**17-18 August 2019—SYDNEY Crows Nest**

**24-25 August 2019—BRISBANE Spring Hill**

**28-29 September 2019—ADELAIDE Brompton**

**Workshop information, registration and payment available on the website NOW!**

**[www.reflexology.org.au](http://www.reflexology.org.au)**



**zen**  
Reflexology

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